

2%, 1%, or Nonfat

APPROVED

Must Be

2%, 1%, or nonfat milk
Only the type of milk printed on the WIC check
Plastic or paper containers
Cow's milk
Fortified with Vitamins A and D
Homogenized
Pasteurized
Plain, unflavored
Refrigerated



You Can Choose

Combinations of gallons or half-gallons
Quarts only allowed when printed on the check
Acidophilus
Any brand
Calcium-fortified
Fat free
Kosher
Lactobacillus
Low fat
Skim milk with added thickeners, such as Skim Royal, Trim Deluxe, Skim Supreme

NOT APPROVED

See page 22.

Whole

APPROVED

Must Be

Whole milk
Only the type of milk printed on the WIC check
Plastic or paper containers
Cow's milk
Fortified with Vitamin D
Homogenized
Pasteurized
Plain, unflavored
Refrigerated

You Can Choose

Combinations of gallons or half-gallons
Quarts only allowed when printed on the check
Acidophilus
Any brand
Calcium-fortified
Kosher



NOT APPROVED

See page 22.

Lactose Free

APPROVED

Must Be

Lactose free milk
Only the type of milk printed on the WIC check
Plastic or paper containers
Cow's milk
Fortified with Vitamins A and D
Homogenized
Pasteurized
Plain, unflavored
Refrigerated



You Can Choose

Combinations of gallons or half-gallons
Quarts only allowed when printed on the check
2%, 1%, nonfat, or whole lactose free milk
Acidophilus
Any brand
Calcium-fortified
Kosher
Lactobacillus

NOT APPROVED

See page 22.

Dry

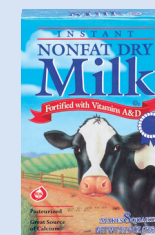
APPROVED

Must Be

Dry milk
Only the type of milk printed on the WIC check
Mixes to 1 quart of milk or more
Cow's milk
Fortified with Vitamins A and D
Homogenized
Pasteurized
Plain, unflavored

You Can Choose

Boxes, cylinders, plastic bags, or pouches
2%, 1%, nonfat, or whole dry milk
Any brand
Calcium-fortified
Kosher



NOT APPROVED

See page 22.

Evaporated

APPROVED

Must Be

12 oz can
Evaporated milk
Only the type of milk printed on the WIC check
Cow's milk
Fortified with Vitamins A and D
Homogenized
Pasteurized
Plain, unflavored

You Can Choose

2%, 1%, nonfat, or whole evaporated milk
Any brand
Calcium-fortified
Kosher



NOT APPROVED

See list below.

NOT APPROVED FOR ALL TYPES OF MILK

Do Not Buy

Sizes and types not listed as approved
Added flavors, foods, or spices
Pints, half-pints, or smaller
Glass bottles, shelf-stable, or UHT containers
Single-serve or individual packets
Bulk powdered milk
Buttermilk
Chocolate milk
DHA/ARA
Half and half

Hemp, nut, rice, or other grain beverages
Kefir
Low-carb dairy beverage
Omega 3
Organic
Other animal milk, such as goat or sheep
Raw milk
Soy milk or beverage
Sweetened condensed milk
Unpasteurized milk
Whipping cream

APPROVED

Must Be

16 oz to 18 oz jar
Plain



You Can Choose

Any brand
Creamy or smooth
Chunky or extra chunky
Crunchy or extra crunchy
Natural peanut butter
No stir
Salted or unsalted

NOT APPROVED

Do Not Buy

Sizes and types not listed as approved
Sizes other than 16 oz to 18 oz
Bulk
Added flavors, foods, or spices
Added oils, such as flax or safflower
DHA/ARA
Freshly ground or grind-it-yourself
Gourmet
Low-carb peanut butter spread
Low-glycemic
Nut or seed butters, such as almond, cashew, sesame, soy, sunflower, or tahini
Omega 3
Organic
Reduced-fat
Roasted honey nut
Single-serve or slices
Spread
"Squeeze It" tubes
Valencia
Vitamin E